[xiv] See for example the item in the Canada Medical Journal 3 (1866-67), 237-39. The writer supports Workman's ambitious plan for a system of secondary asylums and concludes by reiterating Workman's views on the causes of insanity, `the most fruitful of which is that moral sin, self-abuse; or, in plainer language, the filthy practice of masturbation; learnt at school by most boys, and carried on in after life by many, to the sapping of the foundation of all that is pure, holy, healthful, and intellectual' (239). A similar item, in the Canada Medical Journal 1 (1864-65), 491-92, urging that a proper asylum be built in Montreal, attributes insanity to unspecified `evil habits': `Many, we might say the majority of cases of insanity are superinduced by evil habits, indulged in possibly for years. The unfortunate victims, in many instances, become so enslaved by the particular vice, as to lose all moral power of self-restraint' (491).

[xv] Workman's important work on educational reform in the 1840s and 50s would also have reinforced his position and given his allegations about education and masturbation special authority. See Rainer Baehre, `Joseph Workman (1805-1894) and lunacy reform: humanitarian or moral entrepreneur?' (Montreal: Paper Presented to the Annual meeting of the Canadian Historical Association, Learned Societies Conference, 1980). In 1850 Workman was appointed first chairman of the Toronto Board of School Trustees. Baehre describes the 1840s and 50s as an era of educational reform: "free education, non-denominational schools, and provincial control over the university system were dominant issues" (7-8). Workman supported non-denominational schools.

[xvi] This tends to corroborate E.H. Hare's hypothesis that masturbation was like God in Pascal's wager. See note 9 above.

[xvii] See Vern L. Bullough and Martha Voght, `homosexuality and its confusion with the "secret sin" in pre-Freudian America', Journal of the History of Medicine 28 (1973), 143-55. Doctors were urged not to be reticent about onanism because young lives were at stake (147).

[xviii] See note 11 for indication why. Workman exploits masturbation's scarifying potential: `Case, Register No. 2,826.--T.D., a man, aged 27; insane for several years before admission. One side of his body was half covered with large patches of naevi materni, which owing to the feeble power of the capillaries, had generally an inky hue. It appears that he had been a rather promising youth, but owing to causes which his friends did not understand, his mind broke down, and confirmed insanity ensued, the assigned cause of which was "disappointed hopes". We too well know what was the real cause, for a more obstinate case of insanity associated with secret bad habit, has hardly been met with here. Before his death sloughing of the scrotum and other contiguous parts, induced by cutaneous inflammation, from a cause which it is unnecessary to specify, had taken place. A more piteous human wreck could hardly be imagined. P.M. --Testes completely exposed, and the dorsum penis also bare. The ulcerative process extended to adjacent parts. Intestines, stomach, liver, spleen, and pancreas all normal. Lungs totally destroyed by tubercles. Heart hypertrophied to double the normal size. The full details of post-mortem condition of certain parts are unfit for publication in an annual report' (1866, 34).

[xix] See the Canada Medical Journal 1 (1864-65), 401-12,

[xx] Wendy Mitchinson, The Nature of Their Bodies: Women and Their Doctors in Victorian Canada (Toronto: U of Toronto P, 1991), 293. Mitchinson observes that in the nineteenth century causes of mental disease tended to be assigned at least partly on the basis of `medical perception of gender roles' (293). While `masturbation primarily concerned males' (111), tuberculosis was the `primary killer' (54) of women; assigning a form of it to male masturbators might well have been a way of stigmatizing their sexuality.